



## Irene Lyon: Functional Freeze Explained



Irene Lyon is a nervous system specialist and neuroplasticity healing expert. She's a somatic experienced practitioner and she's brought together knowledge from her studies and the domains of exercise, physiology, applied human nutrition, and biomedical and health sciences. Discover through her voice the importance of tuning in with our sensations and their expression.

**TOP EMBODIMENT TIP:** Honor your biology and really listen to it. Honoring your biology oozes energy out and the planet starts to be honored as well, because we give that energy back to the earth.

### Nervous System in Trauma: Fight, flight, freeze response.

- Fight: To protect us; Flight: To get out of the way; Freeze: For when we can't fight or flee.
- The nervous system pattern when facing difficulties: Activation (fight/flight/freeze mode: sympathetic arousal), **or** Orienting response: this is where, when helping others, we can reach to soothe and/or make social engagement.
- Highly functional freeze: The suppression, or depression of our nervous system response. It often causes micro-traumas to be held, up to a point where they are no longer able to be suppressed.

### Reaching Scenarios: Fight, flight, freeze response.

- A: We are allowed to express our stress response (cry, curse, scream, etc) and our nervous system has the opportunity to be calmed in it's own time.
- B: When our sympathetic arousal begins, people who take care of us, get also aroused and try to help us right away, making it impossible for us to feel our own experience: we get disconnected.
- C: Our activation gets nullified (we are told to shut up, not to exaggerate, etc.): we also get disconnected.

### Healing Process: Don't only believe that you can heal, but that you deserve to heal.

- Listen to your physiology: Tune in to the body and honor your feelings/sensations/emotions with curiosity.
- Be your own nervous system, and self-story investigator (know your stories are in the past, even if your body doesn't know).
- Be receptive to when your physiology needs regulation. That happens when our nervous system has had enough: we disengage, turn away, push away. Honor that and respect it in you and others (children included).
- Resource: Tune in with what you are noticing now (with all your senses), then: Feel the ground under you.
- Have as much possibility and potential in your mind's eye to see yourself in a different situation; imagine it being different and know that it is possible to change.

### Orienting:

- Exploratory: To see, to engage with our environment. Because that gives us joy, it resources us.
- Defensive: To avoid. Is a sympathetic, autonomic, unconscious, reaction to defend and protect ourselves from danger.

### Kids: They need play to let their energy out.

- Pre-verbal trauma/ developmental trauma: The somatic imprints of trauma in infants that are not yet cognitive. When facing that, we can: understand what the trauma was, understand the mechanisms of what was happening, and think about what the person needed to do to come out from that state.

### Resources

- ❖ **Website:** <https://irenelyon.com/>
- ❖ **Social:** Facebook: [Irene Lyon Facebook](#) | Youtube: [Irene Lyon](#) | Instagram: [Irene Lyon](#)
- ❖ **References:** Peter Levine | Steve Hoskinson | Cathy Kain | Stephen Porges | National Geographic video where an Impala is being chased by a Cheetah.



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